

Special Instructions For \_\_\_\_\_

## To The Pregnant Woman Who Is Gaining Too Much Weight



Because you are pregnant, you should be gaining weight. You just need to gain it a little slower. Now is not the time to diet!

Remember to keep eating a variety of foods. Check the boxes next to 3 tips you will try:

- ☐ Don't overeat at meals or between meals.
- ☐ Cut down on sweets like cookies, soda, and pastry.
- ☐ Cut down on greasy foods like chips, pork rinds, french fries, and donuts.
- ☐ Choose skim or low-fat milk and yogurt.
- ☐ Trim the fat and remove skin from meat and poultry.
- ☐ Eat more baked, broiled or steamed foods instead of fried foods.
- ☐ Snack on fresh fruits and vegetables.

Other healthy ways to slow your weight gain are:

- \_\_\_\_\_
- \_\_\_\_\_

### Cut Down on High-Calorie Foods

#### Choose More

Lean Meat, Chicken, Fish  
Lemon Juice, Spices, Salsa  
Fruit, Graham Crackers  
Water, Club Soda  
Pretzels, Plain Popcorn

#### Choose Less

Sausage, Bacon, Lunch Meat  
Butter, Gravy, Cream Sauce  
Candy, Cookies, Pastry  
Pop, Fruit Drinks, Sweet Tea  
Chips, Buttered Popcorn

### Take A Walk!

Exercise such as walking is good for you. Talk to your doctor or clinic about the right exercise for you while you are pregnant.